# Physical Education: Weight Training Courses

## Courses

**PEW 199. Special Studies: [Topic]. 1-2 Credits.**
Repeatable.

**PEW 211. Weight Training I. 1 Credit.**
Repeatable. Technique for basic lifts in a variety of workout formats. Develop strength and muscular endurance. Weight training principles and physical fitness evaluation. Repeatable once for a maximum of 2 credits.

**PEW 212. Weight Training II. 1 Credit.**
Repeatable. Advanced weight training exercises are introduced. Students can expect to work more independently. Intermediate program design, exercise science, and evaluation of strength and muscular endurance. Repeatable once for a maximum of 2 credits.
Prereq: PEW 211 or equivalent.

**PEW 399. Special Studies: [Topic]. 1-2 Credits.**
Repeatable.